**Interested in a Graduate Degree?**

MASTER'S AND DOCTORAL INFORMATION SESSIONS THIS FALL INCLUDE:

- Architecture
- Business
- Computer Science
- Education
- International Affairs
- Mental Health
- Psychology
- Public Administration
- Social Work
- AND MORE!

**Register: cuny.edu/grad | P: 646.664.3550**

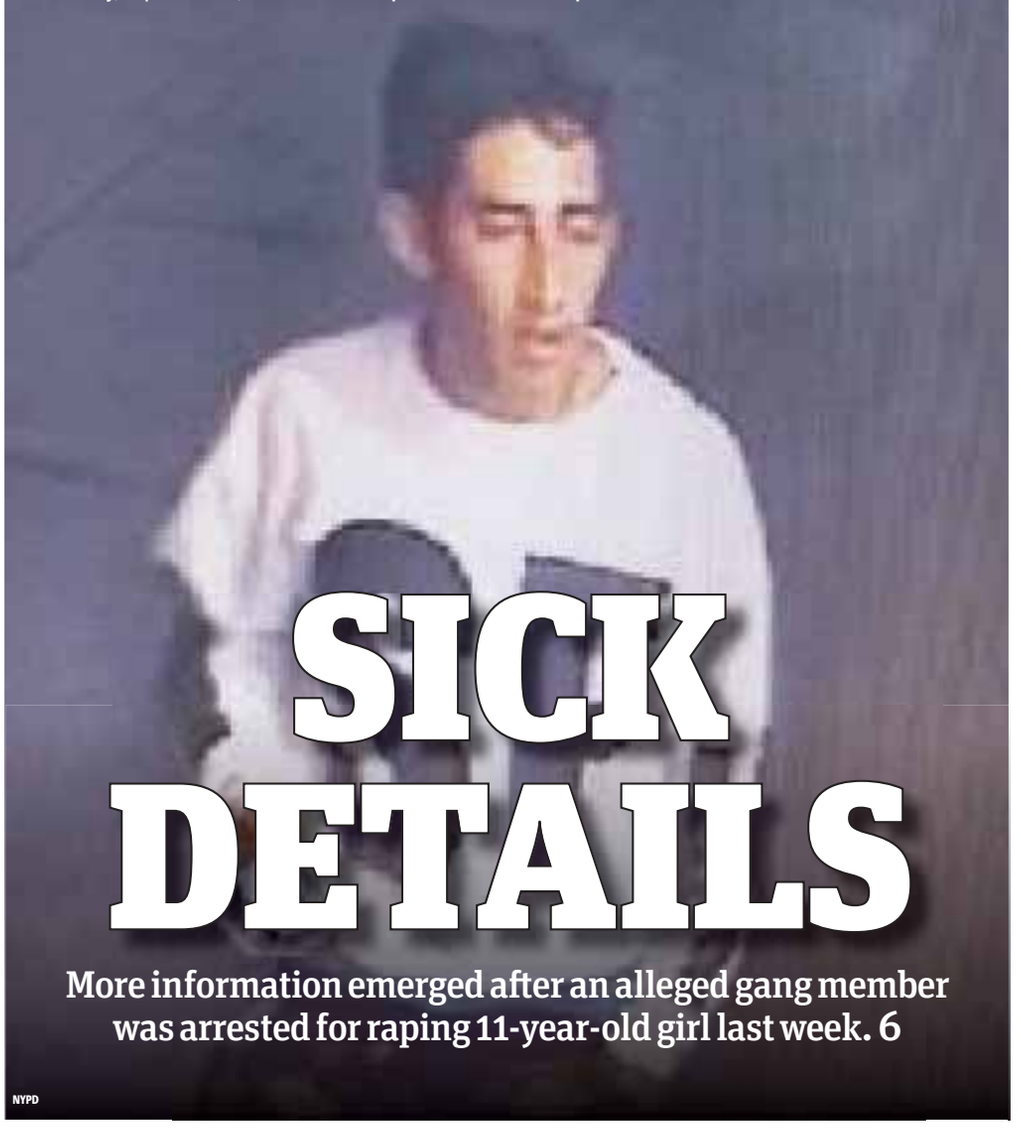
CUNY GRADUATE STUDIES
THE CITY UNIVERSITY OF NEW YORK



# metro

**NEW YORK CITY** NO. 1 FREE DAILY IN THE US

Tuesday, September 4, 2018 **metro.us | t: MetroNewYork | f: MetroNewYork**

NYPD

# SICK DETAILS

More information emerged after an alleged gang member was arrested for raping 11-year-old girl last week. 6

## metro BET

**MetroBet goes all-in to help you win more cash. 19**

ISTOCK

## J'OUVERT FEST

**One shot while thousands celebrate. 9**

## KAEP, NIKE TEAM UP

**The ex-NFL QB is part of the brand's new "Just Do It" campaign. 12**

## CUSTOMER LOYALTY

**When being a loyal customer equals free food. 14**

## YOUR SEPT. CULTURE CALENDAR

**The best events to kick off fall right. 16**

## MAYANS M.C.

**Rev up your engines for the "Sons of Anarchy" spinoff with Michael Irby. 18**

Money magazine says we're #1.
So do our students.

NYSCAS. A division of Touro College nyscas.touro.edu | 1.855.338.6876

Touro is an equal opportunity institution. For Touro's complete Non-Discrimination Statement, visit: www.touro.edu
MONEY is a registered trademark of Time Inc. and is used under license. From MONEY Magazine, ©2017 Time Inc. Used under license. MONEY and Time Inc. are not affiliated with, and do not endorse products or services of Touro College.
*Touro College was named #1 in the Value-Added all star category.

5 THINGS TO KNOW

## WELCOME TO METRO.US

MATT BURKE, SPORTS DIRECTOR

Today, we excitedly launch MetroBet in print — just in time for the start of the 2018 NFL season. Sports betting is about to enter its golden age now that states across the country are making it 100 percent legal, and we want to be your one-stop destination for sports betting content. We will have the latest odds and the top betting advice from our experts. We will also bring you more fantasy sports content than ever, and give you guides on how to bet on sports online. For much more on a new era in Metro Sports, please see Page 19.

## GORDON TO HIT GULF COAST AS HURRICANE: NHC

1 Tropical Storm Gordon whipped the southern tip of Florida with high winds and rain on Monday, and was expected to have strengthened into a hurricane by the time it makes landfall along the central U.S. Gulf Coast on Tuesday night, the National Hurricane Center (NHC) said. The storm was forecast to come ashore late on Tuesday near the border between Louisiana and Mississippi, and drop as much as 8 inches of rain in some areas of the U.S. South still reeling from hurricanes a year ago. Gordon was generating winds of 50 miles per hour on Monday as it steamed west-northwest at 16 mph, the NHC said. As the storm crossed Florida's southern tip on Monday morning, officials closed the beaches in Miami-Dade County and warned of possible street flooding. By Monday afternoon the storm had passed over the state. There were no reports of injuries or deaths, or damage to any buildings, said Alberto Moscoso, a spokesman for the Florida Division of Emergency Management.

## MYANMAR COURT JAILS REUTERS REPORTERS

2 A Myanmar judge on Monday found two Reuters journalists guilty of breaching a law on state secrets and jailed them for seven years, in a landmark case seen as a test of progress toward democracy in the Southeast Asian country. Yangon northern district judge Ye Lwin said Wa Lone, 32, and Kyaw Soe Oo, 28, breached the colonial-era Official Secrets Act when they collected and obtained confidential documents. "The defendants ... have breached Official Secrets Act section 3.1.c, and are sentenced to seven years," the judge said, adding that the time served since they were detained on Dec. 12 would be taken into account. The defense can appeal the decision to a regional court and then the supreme court. The verdict comes amid mounting pressure on the government of Nobel laureate Aung San Suu Kyi over a security crackdown sparked by attacks by Rohingya Muslim insurgents on security forces in Rakhine State in west Myanmar in August 2017. More than 700,000 stateless Rohingya Muslims have fled into Bangladesh since then, according to U.N. agencies.

## FIRE DESTROYS ICONIC NATIONAL MUSEUM OF BRAZIL

3 An aerial view of the National Museum of Brazil is seen after a devastating fire on Monday in Rio de Janeiro. The cause of the catastrophic fire is still unknown. The museum, which is tied to the Federal University of Rio de Janeiro and the Education Ministry, was founded in 1818 by King John VI of Portugal and celebrated its 200th anniversary this year. It houses several landmark collections including Egyptian artifacts and the oldest human fossil found in Brazil. Its collection includes more than 20 million items ranging from archaeological findings to historical memorabilia.

GETTY IMAGES

## EIGHT SHOT AT SAN BERNARDINO APARTMENT

4 Eight people were shot at a San Bernardino, Calif. apartment complex, including a 17-year-old boy who was in critical condition, police said on Monday. Police in the Southern California city were unsure what motivated the shooting late on Sunday in an outdoor common area where a group of people had gathered, said San Bernardino police spokesman Captain Richard Lawhead. "Right now, nobody is cooperating and providing us with the information we need to help us locate a suspect or what led to the shooting or anything else," Lawhead said in a phone interview. Two people, including the 17-year-old boy, were hospitalized in extremely critical condition, Lawhead said. The conditions of the other six people were not immediately known. Victims were taken to three hospitals. Police initially said 10 people had been hit by gunfire at the apartment complex, but Lawhead later said a total of eight people had been shot. Police had initially received conflicting reports, he said. The shooting happened during a hot holiday weekend in San Bernardino, a city of more than 216,000 residents about 60 miles east of Los Angeles.

## FACEBOOK HELPS STATES MUTE DISSENT: UN EXPERT

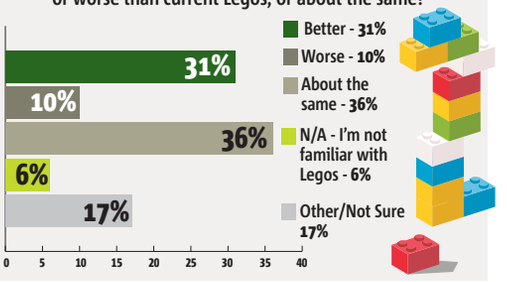
5 A U.N. human rights expert urged Facebook on Monday to narrow its "sweeping" definition of terrorism to stop governments arbitrarily blocking legitimate opposition groups and dissenting voices. Fionnuala Ní Aoláin wrote to Facebook chief executive Mark Zuckerberg saying Facebook wrongly treats all non-state groups that use violence in pursuit of any goals as terrorist entities. "The use of such a sweeping definition is particularly worrying in light of a number of governments seeking to stigmatize diverse forms of dissent and opposition (whether peaceful or violent) as terrorism," wrote Ní Aoláin, U.N. special rapporteur on protecting human rights while countering terrorism. Facebook's policy did not take account of rebel armed groups that comply with international humanitarian law, the letter said. She did not give examples, but governments facing armed opposition, such as in Syria, frequently label all their opponents as terrorists, even if other countries do not agree. A Facebook spokeswoman was not immediately available to comment.

STATS

YOUGOV.COM

## LEGOS MADE FROM NEW MATERIALS

**Lego is planning to end its use of petroleum-based plastics and begin building its toys entirely from plant-based or recycled materials. Do you think these new Legos will be better or worse than current Legos, or about the same?**



Introducing
Spectrum
mobile™
AMERICA'S LARGEST,
MOST RELIABLE, 4G LTE NETWORK
Combined with a nationwide network of wifi hotspots, all designed to save you money.
The best network. The best devices. The best value.
855-251-3375 | spectrum.com

# NYU study sheds light on why only some 9/11 firefighters developed lung disease

NYU professor Anna Nolan has been studying the negative effects of WTC particulates for nearly a decade.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

A firefighter walks through the rubble of the World Trade Center on September 11, 2001. GETTY IMAGES

It's been 17 years since the 9/11 terror attacks on the World Trade Center, and experts are still studying the health effects of all the dust, debris and particles that filled the air that day, breathed in by first responders and survivors alike.

Previous studies have found that one in 10 firefighters exposed to 9/11 dust is showing signs of at least a single lung injury. Now, a new study has predicted which firefighters developed lung disease and which did not, potentially helping medical experts understand why certain people get sick after being exposed to debris while others don't.

The study came out of NYU School of Medicine, with Anna Nolan, an NYU professor who has been studying the negative effects of exposure to World Trade Center particulates for about 10 years, as the senior study investigator.

Nolan and her team found that those 9/11 firefighters who did go on to develop lung disease had abnormal levels of more than two dozen metabolites, which are "chemicals produced in the body as it breaks down fats, proteins and carbohydrates" — things like fatty acids and lipids (in which cholesterol is found). They had these abnormal levels before they lost lung function.

**"Those individuals that lost lung function had a very different profile ..."**
**Anna Nolan, NYU professor**

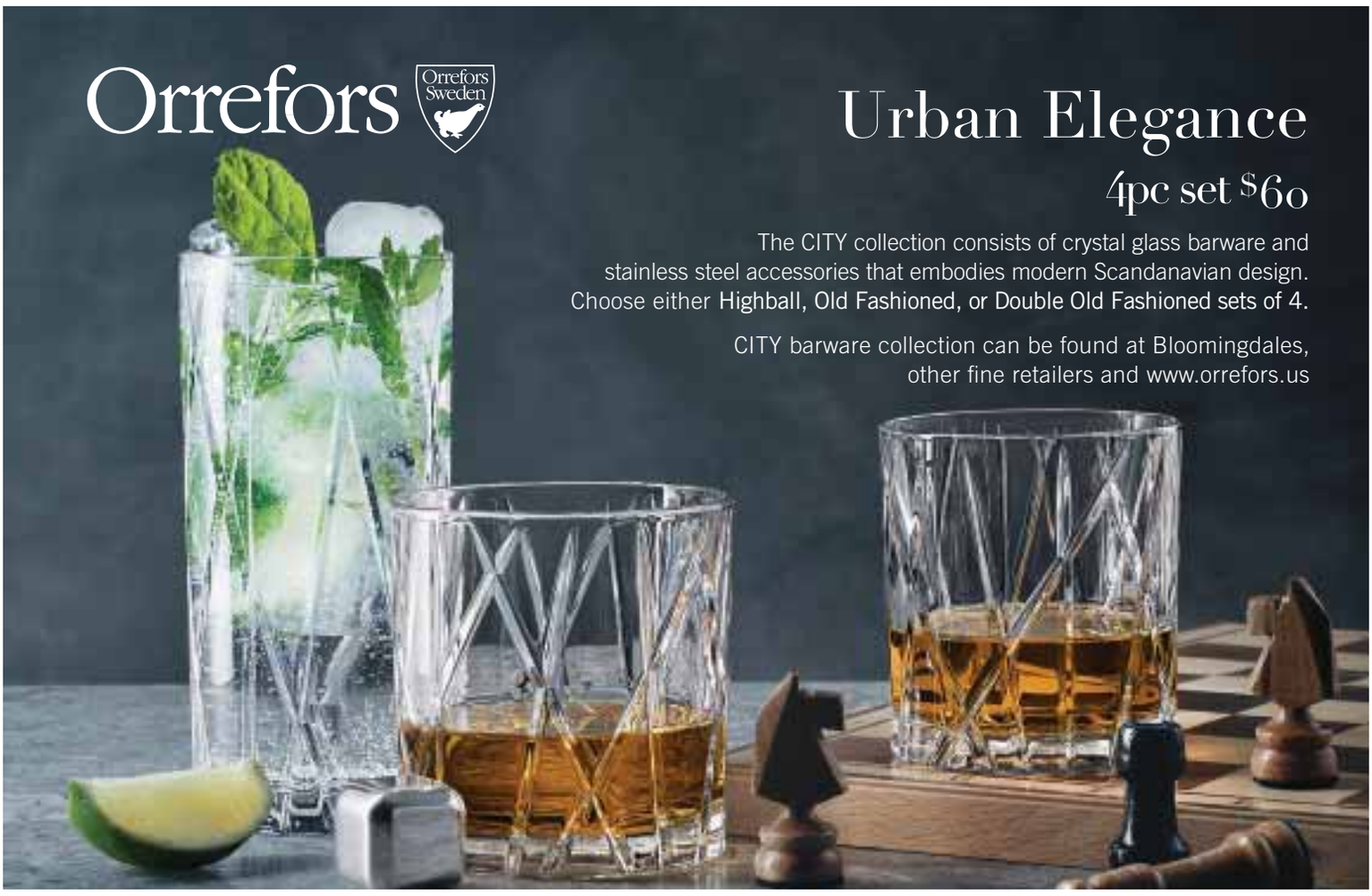
This is the first evidence, according to Nolan, that metabolite blood tests conducted on these firefighters within months of 9/11 could predict which ones would go on to lose lung function.

"If you combine this paper with our other papers, you see that individuals who did lose lung function had metabolic syndrome, high triglycerides, low HDL [i.e., good cholesterol] levels, things that are problematic for us all, things that are important in our diet," she said. "Those individuals that lost lung function had a very different profile compared to those individuals who didn't."

This study also shows that there is a possibility of correcting those "metabolic imbalances" through diet or supplements, which could prevent or even reverse that loss of lung function.

That's Nolan's next move. Her lab is planning a clinical trial to modify firefighters' diets, with a focus on changing their lipid profiles and perhaps having them lose a little bit of weight, to then see if their lung function improves.

"Standard things that most of our primary doctors tell us — to lose weight, stay healthy, exercise — could have a pretty profound effect later in life," she said.


Orrefors
Orrefors Sweden
Urban Elegance
4pc set $60
The CITY collection consists of crystal glass barware and stainless steel accessories that embodies modern Scandanavian design.
Choose either Highball, Old Fashioned, or Double Old Fashioned sets of 4.
CITY barware collection can be found at Bloomingdales, other fine retailers and www.orrefors.us

# Affordable Housing for Rent

## MLK PLAZA APARTMENTS

## 133 NEWLY CONSTRUCTED UNITS AT 869 EAST 147th STREET, MOTT HAVEN, BRONX

**Amenities:** on-site resident super, laundry room (card operated), fitness room, computer room, community room, outdoor recreation space, library, bicycle storage, outdoor terrace, in unit dishwasher

**Transit:** 6 Train - Bx17, Bx19 Buses

**No application fee • No broker's fee • Smoke-free building**

This building is being constructed through the Extremely Low and Low-Income Affordability (ELLA) program of both the New York City Housing Development Corporation (HDC) and the New York City Department of Housing and Preservation and Development (HPD) and the Mandatory Inclusionary Housing (MIH) program of HPD.

## Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
  - Mobility (5%)
  - Vision/Hearing (2%).
- Preference for a percentage of units goes to:
  - Residents of **Bronx Community Board 1** (50%)
  - Municipal employees (5%)

## AVAILABLE UNITS AND INCOME REQUIREMENTS

| Unit Size | 40% AREA MEDIAN INCOME (AMI) UNITS | Monthly Rent[1] | Units Available | | Household Size[2] | Annual Household Income[3] *Minimum – Maximum*[4] |
|---|---|---|---|---|---|---|
| Studio | | $464 | 1 | → | 1 person | $17,795 - $29,240 |
| 1 bedroom | | $589 | 3 | → | 1 person | $22,149 - $29,240 |
| | | | | | 2 people | $22,149 - $33,400 |
| 2 bedroom | | $713 | 3 | → | 2 people | $26,435 - $33,400 |
| | | | | | 3 people | $26,435 - $37,560 |
| | | | | | 4 people | $26,435 - $41,720 |
| 3 bedroom | | $817 | 1 | → | 3 people | $30,549 - $37,560 |
| | | | | | 4 people | $30,549 - $41,720 |
| | | | | | 5 people | $30,549 - $45,080 |
| | | | | | 6 people | $30,549 - $48,400 |

| Unit Size | 50% AREA MEDIAN INCOME (AMI) UNITS | Monthly Rent[1] | Units Available | | Household Size[2] | Annual Household Income[3] *Minimum – Maximum*[4] |
|---|---|---|---|---|---|---|
| Studio | | $600 | 1 | → | 1 person | $22,458 - $36,550 |
| 1 bedroom | | $759 | 3 | → | 1 person | $27,978 - $36,550 |
| | | | | | 2 people | $27,978 - $41,750 |
| 2 bedroom | | $917 | 3 | → | 2 people | $33,429 - $41,750 |
| | | | | | 3 people | $33,429 - $46,950 |
| | | | | | 4 people | $33,429 - $52,150 |
| 3 bedroom | | $1,053 | 1 | → | 3 people | $38,640 - $46,950 |
| | | | | | 4 people | $38,640 - $52,150 |
| | | | | | 5 people | $38,640 - $56,350 |
| | | | | | 6 people | $38,640 - $60,500 |

| Unit Size | 60% AREA MEDIAN INCOME (AMI) UNITS | Monthly Rent[1] | Units Available | | Household Size[2] | Annual Household Income[3] *Minimum – Maximum*[4] |
|---|---|---|---|---|---|---|
| Studio | | $736 | 16 | → | 1 person | $27,120 - $43,860 |
| 1 bedroom | | $929 | 34 | → | 1 person | $33,806 - $43,860 |
| | | | | | 2 people | $33,806 - $50,100 |
| 2 bedroom | | $1,121 | 35 | → | 2 people | $40,423 - $50,100 |
| | | | | | 3 people | $40,423 - $56,340 |
| | | | | | 4 people | $40,423 - $62,580 |
| 3 bedroom | | $1,289 | 15 | → | 3 people | $46,732 - $56,340 |
| | | | | | 4 people | $46,732 - $62,580 |
| | | | | | 5 people | $46,732 - $67,620 |
| | | | | | 6 people | $46,732 - $72,600 |

| Unit Size | 110% AREA MEDIAN INCOME (AMI) UNITS | Monthly Rent[1] | Units Available | | Household Size[2] | Annual Household Income[3] *Minimum – Maximum*[4] |
|---|---|---|---|---|---|---|
| Studio | | $1,185 | 2 | → | 1 person | $42,515 - $80,410 |
| 1 bedroom | | $1,490 | 6 | → | 1 person | $53,040 - $80,410 |
| | | | | | 2 people | $53,040 - $91,850 |
| 2 bedroom | | $1,795 | 7 | → | 2 people | $63,532 - $91,850 |
| | | | | | 3 people | $63,532 - $103,290 |
| | | | | | 4 people | $63,532 - $114,730 |
| 3 bedroom | | $2,066 | 2 | → | 3 people | $73,372 - $103,290 |
| | | | | | 4 people | $73,372 - $114,730 |
| | | | | | 5 people | $73,372 - $123,970 |
| | | | | | 6 people | $73,372 - $133,100 |

[1] Tenant pays electricity. [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

### How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

### When is the Deadline?

Applications must be postmarked or submitted online no later than **October 31st, 2018.** Late applications will not be considered.

### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

**Español**

Presente una solicitud en línea en nyc.gov/housingconrect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **31 de octubre 2018**.

**简体中文**

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2018 年 10 月 31 日**。

**Русский**

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **31 октября, 2018**.

**한국어**

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주십시오. 봉투 뒷면에 "KOREAN"이라고 영어로 적어주십시오 **2018 년 10 월 31** 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

**Kreyòl Ayisyien**

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **Oktòb 31, 2018**.

**العربية**

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **MLK Plaza Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **31 ربيوتك أ 2018**

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer
HDC President Eric Enderlin

# Neighbors cheer after Brooklyn man accused of raping 11-year-old arrested

Julio C. Ayala was taken into custody on Saturday.

SARAH LUOMA
letters@metro.us

NYPD

An 18-year-old Brooklyn man accused of raping an 11-year-old girl was brought into custody on Saturday after leading police on a brief foot chase.

Julio C. Ayala of Brooklyn is accused of removing an air conditioner from a second-floor window in Prospect-Lefferts Gardens before breaking inside, climbing onto the top bunk of a bed and brutally raping an 11-year-old girl. Prosecutors said on Sunday that the victim's brother was asleep on the bottom bunk during the rape, according to the New York Post.

When police arrived to locate and take the rumored gang member into custody, Ayala attempted to flee out of a window at his home. He ran on foot and tried to hide at a nearby construction site, where police captured him. As Ayala was cuffed and arrested, Brooklyn neighbors began to cheer, happy the accused Brooklyn rapist was being taken away by authorities.

**$500K**

Bail was set at $500,000. Ayala is due back in court Sept. 7.

Ayala reportedly appeared in court looking unaffected and without much emotion, per NBC New York.

He was charged with rape, sex-motivated burglary, criminal sexual act, sexual abuse and acting in a manner injurious to a child, the NYPD stated. Ayala did admit to being in the victim's bedroom, telling authorities he had never done anything like that before.

The prosecutor shared that the Brooklyn man, who left his Bulls hat behind at the scene of the crime, had a forged green card and Social Security card.

Prior to his arrest, Ayala was living with his aunt, uncle and two cousins in Brooklyn and worked at his uncle's air-conditioner repair shop.

The Brooklyn man's defense attorney stated that he is not a flight risk because of his ties to the community, but authorities believe he is a member of the international crime gang MS-13.

Ayala's defense attorney argued that this was a mistaken ID. Ayala's bail was set at $500,000. He is due back in court for Sept. 7.

EQUAL HOUSING LENDER FDIC hanmi.com/savings

PREMIUM SAVINGS
LIMITED TIME OFFER*
Up to
2.10% APY**

ENJOY THE BENEFITS OF OUR HIGH YIELD SAVINGS ACCOUNT

Manhattan 646.768.7299
Edison 732.494.4606
Annandale 703.354.8822
Visit hanmi.com/savings for details

- Grow your money faster with up to 2.10% APY**
- Make unlimited deposits
- New money only

Bank on Your Dreams
Hanmi Bank

*Promotional rate is subject to discontinue at any time. **The interest rate and Annual Percentage Yield (APY) are accurate as of 08/16/2018. The interest rate and APY may change at any time without prior notice after the account is opened. The minimum balance to open a Premium Savings Account is $10,000.00. The APY varies with the balances; the APY on balances under $10,000.00 is 0.15%, on balances from $10,000.00 to $49,999.99 is 1.85%, on balances from $50,000.00 and higher is 2.10%. A monthly maintenance charge of $10.00 will be imposed if the minimum daily balance falls below $5,000.00 during each statement cycle. Transfers to other accounts or payments to third parties by electronic transfer/payment are limited to six (6) per month. $50.00 will be charged if the account is closed within 90 days of account opening. Fees could reduce the earnings on the account.

# ARE YOU SUFFERING FROM..?

**OR OTHER SYMPTOMS LIKE:** ☐ ACHING ☐ BURNING ☐ ITCHING ☐ RESTLESSNESS

- **Personal** & discrete care delivered directly by Ronald Lev, MD
- **Certified** by the American Board of Venous and Lymphatic Medicine
- **Minimally** invasive procedures
- **We Accept** Most Health Insurances including Medicare

## CALL TODAY!

## 212.204.6501

***Trust the doctor that cares about you!***

# GET IN SHAPE WITH JUST 1 SESSION

**SmartLipo**

**Precision TX**

**Cellulaze**

**Botox**

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

## 212.204.6501

**111 John St, Ste 1450** *(bet Cliff & Pearl St)*
**New York, NY 10038**

**369 Lexington Ave, Ste 18 A** *(bet 40th & 41st St)*
**New York, NY 10016**

**TreatmentsOfManhattan.com**
DRLEV@TREATMENTSOFMANHATTAN.COM

GETTY IMAGES

# Dems slam White House for withholding Kavanaugh documents

Democrats criticized the Trump administration for refusing to release thousands of documents on Brett Kavanaugh ahead of this week's upcoming Senate hearings on his nomination to the U.S. Supreme Court.

Kavanaugh, nominated by President Donald Trump, worked in the White House under former President George W. Bush, whose lawyers combed through documents from that time and decided that 27,000 of them were protected under "constitutional privilege."

The White House directed them not to hand them over to the Senate Judiciary Committee, one of Bush's lawyers said in a letter to the chairman of the Senate Judiciary Committee, which will host the hearings, scheduled to start on Tuesday.

Another 102,000 pages of documents related to Kavanaugh's record were not turned over for other reasons. The committee has had access to more than 415,000 pages on Kavanaugh's background, the lawyer said in the letter.

Dick Durbin, the No. 2 Senate Democrat, said in an interview aired on "Fox News Sunday" that the White House's citation of privilege on the documents was the first time that had occurred.

"There has been more concealment of documents that are concerning his public service and his position on issues than ever in the history of the United States. ... If he's so proud of his conservative credentials, show us the record," Durbin said.

Democratic Sen. Amy Klobuchar, a Judiciary Committee member, echoed Durbin's concerns in an interview with NBC's "Meet the Press" on Sunday, saying, "This is not normal."

Republicans have dismissed Democrats' concerns over lack of access to portions of the record on Kavanaugh's background, arguing their criticism is politically motivated.

"Democrats have more than enough information to understand that this is a highly qualified jurist that should be the next Supreme Court justice," Wisconsin U.S. Sen. Ron Johnson, a Republican, said in an interview on ABC's "This Week." REUTERS

## What to expect?

One of the anticipated highlights of Kavanaugh's Supreme Court nomination hearings, which begin Tuesday, will be the topic of overturning Roe v. Wade. Chances are Kavanaugh may not even answer the question directly, according to CNBC, but his response may shape how Sens. Susan Collins and Lisa Murkowski ultimately vote when his nomination comes to a vote.

SEE WHAT'S POSSIBLE WHEN HEALTH CARE GETS PERSONAL.

We take the time to understand the needs and concerns of our Medicare and Medicaid health plan members to help them make the right decisions.

villagecaremax.org
1.800.469.6292 (TTY 711)
8 am to 8 pm, 7 days a week

VILLAGECAREMAX

VillageCareMAX Medicare Health Advantage Plan (HMO-POS SNP) is an HMO with a Medicare contract. Enrollment in VillageCareMAX depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare. VillageCareMAX is available in the Bronx, Brooklyn, Manhattan and Queens. VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.

H2168_MKT18_20 Accepted

ALL PHOTOS BESS ADLER

# One shot as thousands celebrate West Indian Day Parade 2018

SARAH LUOMA
letters@metro.us

Thousands of spectators and attendees celebrated at the West Indian Day Parade and J'Ouvert festival on Labor Day in Brooklyn.

The annual event, which celebrates Caribbean culture and the emancipation of slaves, took place in the streets of Crown Heights earlier than in prior years.

Many attended, taking in the sights and exciting atmosphere of individuals dressed in colorful and bright costumes with headpieces and impressive floats traveling the parade route.

However, because of violence that has occurred at past celebrations, the J'Ouvert festival got an early start this year when it kicked off at 6 a.m., with the West Indian Day Parade starting at 11 a.m.

Thirteen police checkpoints and 4,000 police officers were put in place for added safety measures and to stop individuals from bringing alcohol and weapons to the festivities.

But even with a heavy police presence, one unidentified male was shot in the back around 7:35 a.m., according to the New York Post. The incident took place between St. Marks Avenue and Prospect Place. The gunmen reportedly fled the scene on foot.

The male victim was rushed to Kings County Hospital and was listed in stable condition.

Mayor Bill de Blasio and First Lady Chirlane McCray were seen walking and waving at attendees as the West Indian Day Parade made its way through the streets of Eastern Parkway, Schenectady Avenue and Grand Army Plaza before coming to a finish along Flatbush Avenue.

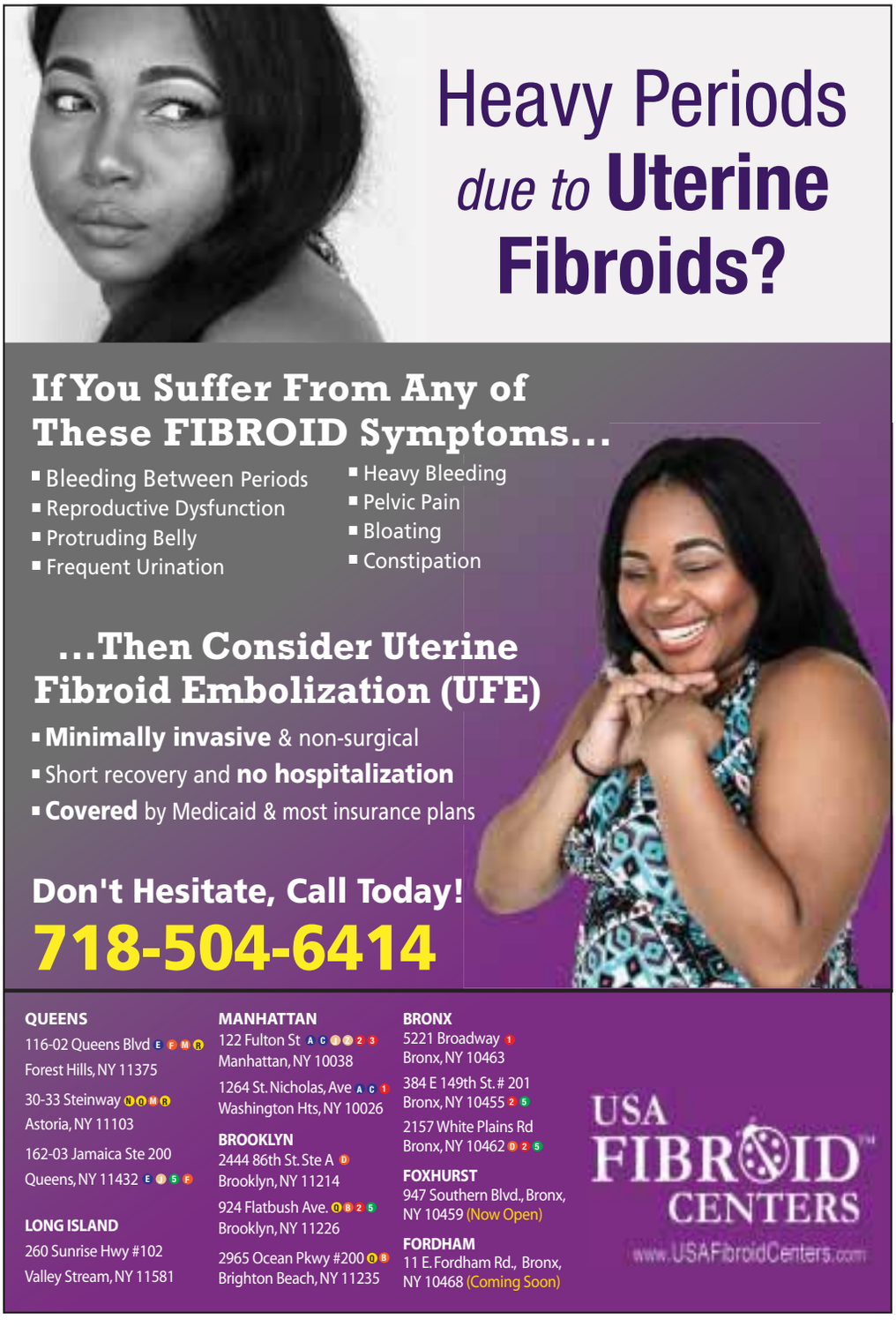
While some thought the security for the West Indian Day Parade was a bit too much, many appreciated the police presence.

"I think it's a little over the top," one attendee told ABC 7 NY. "Anytime black people are congregated together, there always seems to be an excessive amount of force."

**"It's so big and everybody's enjoying it. And you don't want someone to get the wrong idea and try to ruin it, so we have the protection we need."**

**Spectator**

"It's so big and everybody's enjoying it," another spectator shared. "And you don't want someone to get the wrong idea and try to ruin it, so we have the protection we need."



*Demand Soars At NYC Medical Clini*

# Can This Medical Technology Possibly Eliminate Or

## *The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno*

**NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

**Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.**

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these treatments, please understand this...

*NYC Pain MD* is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

**Radiofrequency Neurotomy**

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is *not surgical.*

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

***RF has also been found effective AFTER back surgery when patient's still feel pain.***

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

### Major Savings In Time And Costs Of Care?

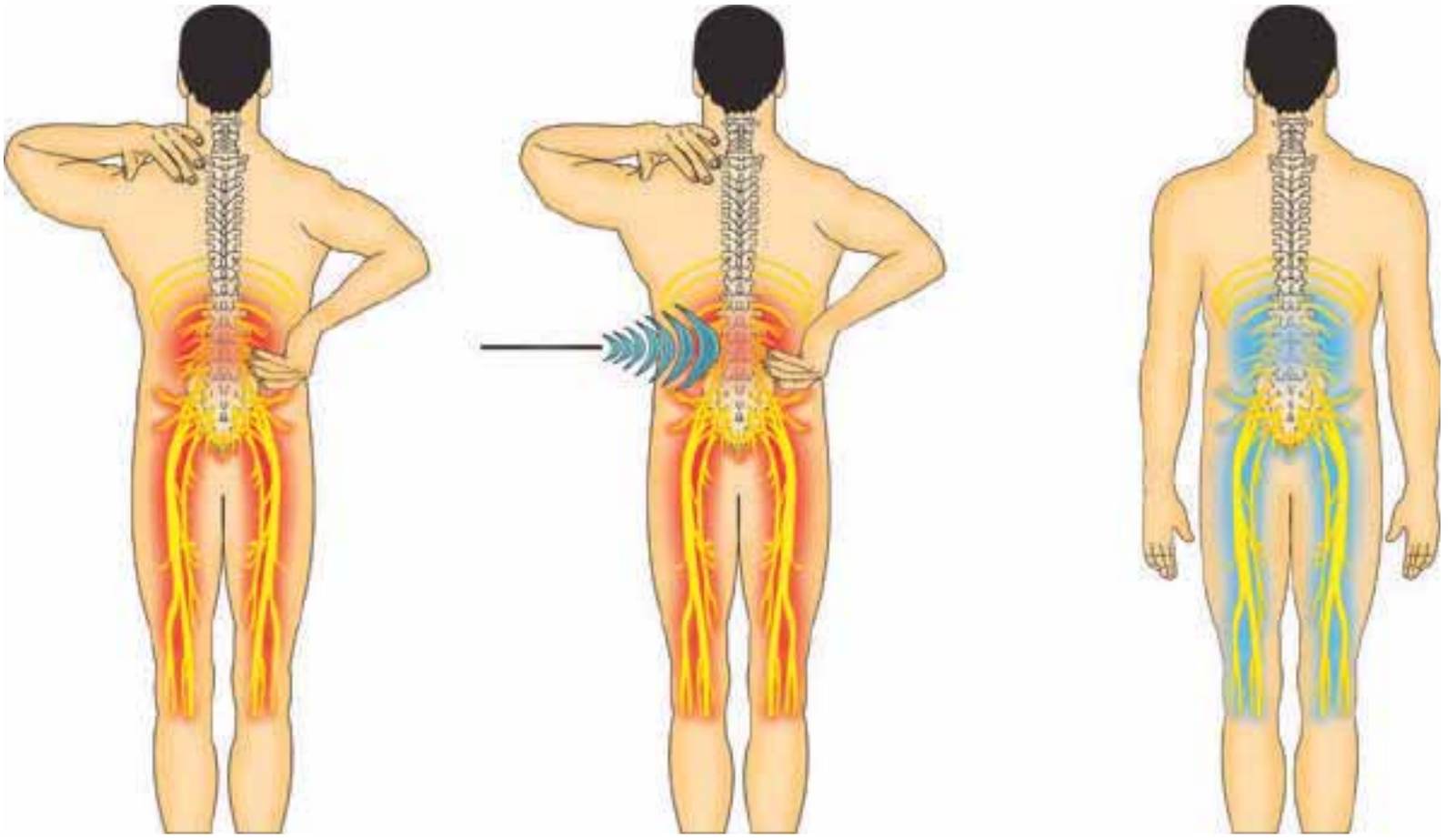
*NYC Pain MD's* method allows you to avoid expensive

*c For Promising Back Pain Treatment*

# r Greatly Reduce Even The Most Severe Back Pain...

***ow - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed***

# Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



**Science rescues back & neck pain sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars.

*NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

## Your Invitation

*NYC Pain MD* offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and no obligation.

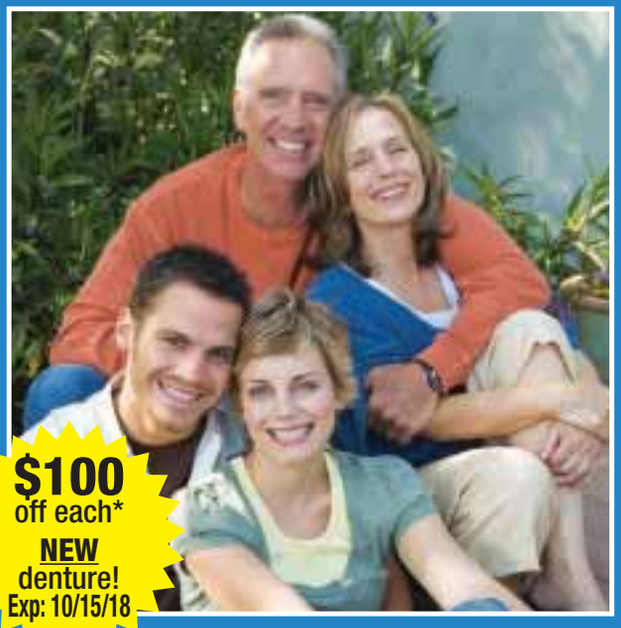
Many of the treatments offered are covered by many insurance plans an traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

PainMDNY.com

LOOSE DENTURES?
Smile with Confidence

$100 off each* NEW denture! Exp: 10/15/18
Miracle on 35th Street
Emergencies And
Most Insurance Plans Welcome
Senior Cit. Discounts*
New York's Place for Same Day
Dentures for more than 40 Years!
Leaders in Implant Dentistry! - Est. 1977
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
FREE CONSULTATION
HERALD SQUARE DENTAL™
& THE DENTURE CENTER™
EST. 1977
CALL NOW
212.689.0024
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com
*Offers cannot be combined



# NFL's Kaepernick to be a face in Nike's 'Just Do It' campaign

Nike has chosen Colin Kaepernick, the first NFL player to kneel during the national anthem as a protest against racism, as one of the faces for advertisements commemorating the 30th anniversary of its "Just Do It" slogan, a move that could draw President Donald Trump's ire.

"Colin has been a Nike athlete since 2011," Nike spokeswoman Sandra Carreon-John said on Monday. "Colin is one of a number of athletes being featured as part of our 30th anniversary of 'Just Do It.'"

She said Nike unveiled the campaign last week by releasing a film featuring Serena Williams titled "Voice of Belief."

The former NFL quarterback posted a black-and-white close-up of himself on Instagram and Twitter on Monday featuring the Nike logo and "Just Do It" slogan along with the quote, "Believe in something. Even if it means sacrificing everything."

GETTY IMAGE

"We believe Colin is one of the most inspirational athletes of this generation, who has leveraged the power of sport to help move the world forward," said Gino Fisanotti, a Nike vice president of brand for North America, according to a story by ESPN story, which first reported Nike's decision to use Kaepernick as part of the ad campaign.

Representatives for Kaepernick and the NFL did not respond to requests for comment on Monday.

Kaepernick was a quarterback with the San Francisco 49ers for six years. He stirred a national controversy by taking a knee while the anthem was played before games during the National Football League's 2016 season to draw attention to police killings of black men and other issues.

The anthem protests, soon embraced by other players, raised the ire of some NFL fans and Trump, who has said he would love to see NFL owners fire football players who disrespect the American flag.

The NFL this season has adopted a rule requiring all players to stand during the anthem, although it gave them the option of staying off the field until the ceremony was over. Even so, the protests have persisted through the preseason and the NFL has said it is in discussions with the players union on the policy. REUTERS

XINCON
DO YOU KNOW YOU CAN HIRE YOUR FAMILY/FRIEND TO TAKE CARE OF YOU?
JOIN CDPAP NOW!
(Consumer Directed Personal Assistant Program)
With the CDPAP program you have the freedom to hire your own caregivers, they do not need to have HHA/PCA certificates. You can design your own schedule, and reward your caregivers with great benefits!
Pay up to $17.09 with holiday & vacation pay
Effective 12/31/2018 rate go up to $19.09/hr!
SERVICES IN ALL FIVE BOROUGHS INCLUDING LONG ISLAND AND WESTCHESTER SOCIAL WORKER PROGRAM PROVIDED
Call today: 212-560-9218
Visit us at 224 West 35th Street Suite 708, New York NY 10001
Xincon Home Care
www.xinconcare.com

# Painful Varicose Veins and Swollen Legs?

## New Foxhurst Location
## 947 Southern Blvd. Bronx, NY Now Open

## Varicose veins and spider veins are not just a cosmetic issue, they could be the sign of venous insufficiency.

### If you or a loved one is suffering from:

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain
- ☑ Leg Cramps
- ☑ Swollen Legs
- ☑ Skin Discoloration
- ☑ Leg Ulcers
- ☑ Blood Clots
- ☑ Difficulty Standing

**If left untreated these could lead to more serious complications. Don't delay, treatment takes 15 minutes.**

## Covered by Medicare and Most Insurance Plans

Don't suffer another day! Call us now!

# (917) 717-5135

USA VEIN CLINICS™

www.USAVeinClinics.com

**Manhattan:**

1153 1st Ave, Manhattan, NY 10065 2 3 Ⓝ Ⓡ Ⓦ

122 Fulton Street Ste 500 New York , NY 10038 Ⓐ Ⓒ Ⓙ Ⓩ 2 3

4159 Broadway, New York, NY 10033 Ⓐ Ⓒ 1 4 5 6

1264 St. Nicholas, Washington Heights, NY 10026
168 St Ⓐ Ⓒ 1

**Brooklyn:**

924 Flatbush Ave, Brooklyn, NY 11226 Ⓠ Ⓑ 2 5

2511 Ocean Ave Ste 102 Brooklyn, NY 11229 Ⓠ Ⓡ Ⓑ

2444 86th St, Ste A, Bensonhurst, NY 11214 Ⓓ

2965 Ocean Pkwy Ste 200 Brighton Beach, NY 11235 Ⓓ Ⓑ

**Bronx:**

5221 Broadway Ave, Bronx, NY 10463 1

384 E 149 St, Ste 201, Bronx, NY 10455 2 5

NEW 2157 White Plains Rd, Bronx, NY 10462 2 5 Ⓓ

947 Southern Blvd. Bronx NY 10459 2 4 5

**Queens:**

116-02 Queens Blvd Forest Hills, NY 11375 Ⓔ Ⓕ Ⓜ Ⓡ

30-33 Steinway St, Astoria, NY 11103 Ⓝ Ⓠ Ⓜ Ⓡ

40-04 Forley St, Jackson Heights, NY 11373 Ⓕ Ⓔ Ⓜ Ⓡ 7

59-20 Myrtle Ave Queens, NY 11385 Ⓙ Ⓜ Ⓩ Ⓛ

NEW 1652-03 Jamaica, Ste 200, Queens, NY 11432 Ⓔ Ⓙ 5 Ⓕ

**Staten Island:**

1975 Hylan Blvd, Staten Island, NY 10306

**Long Island:**

260 Sunrise Hwy Ste 102

Valley Stream, NY 11581

**Suburban NY/Rockland County:**

156 Route 59, Ste B1, Suffern, NY 10901

**New Jersey:**

766 Shrewsbury Ave, Ste 300

Tinton Falls, NJ 07724

81 Route 37 West Toms River NJ 08755

© June, 2018 USA Vein Clinics®. All rights reserved.

# When being a *loyal customer* = free food

NerdWallet is a personal finance website.

ISTOCK

In the Middle Ages, you could pledge loyalty to a king and perhaps get a chunk of land in return. Nowadays, you can pledge loyalty to Burger King and — after spending $5 through its rewards program — get a Whopper. And BK is far from the only restaurant to reward devoted customers with free food.

Many eateries give the royal treatment to diners who either sign up for rewards programs, download mobile apps, subscribe to emails or follow them on social media. If you frequent a few establishments, ask your server or look online for these kinds of opportunities. Here are a few ways signing up can pay off:

**Redeem members-only coupons**

Restaurants sometimes give exclusive deals to customers who sign up for some sort of loyalty program or other service. For example, after signing up for Arby's deals, you'll get a coupon for a free Classic Roast Beef Sandwich with the purchase of a soft drink. And, until the end of 2018, diners using the McDonald's mobile app can receive free fries with a $1 purchase.

Before redeeming every coupon, consider the spending you may have to do to get "free" food. Would you have bought that soft drink or $1 item if you weren't promised something free in return? (Once you're at the counter, could you be tempted to add a milkshake to the bill, too?)

With each coupon, take a minute — preferably away from the scent of sizzling french fries — to weigh its value.

**Sign up for birthday presents**

What better time than your birthday to treat yourself — and your budget, since you're a year older and wiser with money, right? Many restaurants reward folks who sign up for their loyalty programs with free or discounted food on their birthdays. For frozen treats, you can scoop freebies at Baskin-Robbins, Pinkberry and Dippin' Dots.

Plenty of other restaurants also have rewards programs that include free food on your birthday. See our list of 37 birthday freebies and discounts.

And while you're scoping out the handouts, here's a free idea: Celebrate your birthday by eating free meals across town. (For breakfast, you could start with a free bagel and cream cheese from Bruegger's Bagels.)

**Celebrate national food holidays**

Whatever your favorite food, there could very well be a "holiday" commemorating it, such as National Spaghetti Day in January, National Waffle Day in August and National Sandwich Day in November. Following a few of your go-to restaurants on social media can let you know when relevant food days are coming up — as well as freebie opportunities.

For example, on Facebook, Twitter and Instagram, Krispy Kreme announced that customers could get a free doughnut on National Doughnut Day in June and a free coffee for National Coffee Day last fall. And last October, Taco John's shared a coupon for a free taco on its Facebook page.

LAUREN MCMULLEN

Great CD and Savings Rates!

Choose the account that's right for you.

1 Year CD*
2.25% APY

6 Month CD*
2.00% APY

100% liquid

No monthly maintenance fee

Grand Yield Savings®
1.60% APY
for balances of $2,500 and up**

Visit one of our conveniently located branches today!

Annual Percentage Yields (APYs) disclosed are effective as of 8/21/18 and may be changed by the Bank at any time. *CDs require a $1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. CDs must be opened in person at an Apple Bank branch. ** For the Grand Yield Savings Account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$9,999: 1.60% APY, $10,000-$24,999: 1.60% APY, $25,000-$49,999: 1.60% APY, $50,000 or more: 1.60% APY. There is no interest paid on balances between $1-$2,499. $100 minimum deposit required to open account. A combined $3,000,000 maximum deposit per household applies to the Grand Yield Savings Account. A household is defined as a family residing at the same address. This account may be opened as a passbook or statement savings account. Offer may be withdrawn at any time without prior notice.

Apple Bank
Established 1863 · Member FDIC
www.applebank.com

# the GRUMBLE

@metro newyork

*Pat King*
*Grumble Editor*

## READER WRITE-INS:

**THE HORRIBLE 'DOG CLEAN UP' PROBLEM**

People clean up after their dogs and put the poop in a plastic bag. The problem is, instead of throwing that plastic bag FULL OF Poop in the garbage, THEY THROW IN ON THE SIDEWALK!! I keep having to side step to avoid this mess.

THIS does not make any sense since they are taking the time, to clean up, but not disposing it in the garbage can. Wouldn't it be simple to dispose of it PROPERLY?

I love Your COLUMN and appreciate participating.
— **Mary Dimino**, *Metro New York reader*
EDITOR: Thank YOU for reading!

ISTOCK

**HEY, SUBWAY MUSICIANS — CHILL OUT!**

We need some limit to the volume of the boom boxes used by numbers of performers in the subways, as well as how many can perform at once. Times Square 42snd street platform is the worst, sometimes 4 different groups are doing their thing at the same time. This just adds to the insane crush of commuters. More agitation is not needed!
— **Carol Mager,** *Metro New York reader*

Tell us what you think!
@metro newyork

**VENT TO US!**
**GRUMBLE@METRO.US**

# #metronewyork
## *caption this photo*

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to **@metronewyork @metroboston @metrophilly**

The winning caption from Lisa Mahoney, *Metro Boston reader*

**TOMORROW'S PHOTO:**

GETTY IMAGES

metro & event
**INVITE THE WORLD TO YOUR EVENTS**
List your event on metro.us/events

# metro.us/horoscopes

**Aries** Don't let anyone limit what you can do. Keep your head down and your mind focused on what you are trying to accomplish. A positive change to a partnership can be made.

**Taurus** If you want something, go after it. Added discipline will help you follow through and complete whatever mission you take on. An opportunity must not be ignored.

**Gemini** Make personal changes rather than trying to mold someone to your satisfaction. Look inward to discover how to best improve who you are and what you can do.

**Cancer** Keep an open mind, or you will limit how much you can accomplish. If you try something new and exciting, it will lead to an encounter that will turn out to be substantially beneficial.

**Leo** Keep life simple and focus on personal changes that will encourage growth, greater popularity and positive opportunities. Romance will enhance your relationship with a loved one.

**Virgo** Step into the spotlight and discuss your plans. Others' suggestions will help you figure out the best way to get what you want without interference or setbacks.

**Libra** Show appreciation if someone does something for you. Ignore criticism and offer positive responses to deter anyone showing signs of negativity from doing things you don't like.

**Scorpio** Consider the size of an idea or plan and downscale it to fit your budget. Knowing how to make the most of what you've got will bring good results.

**Sagittarius** Say what's on your mind if someone is inconsistent or telling you things you doubt are true. Clear the air so that you can move on and focus on what's important.

**Capricorn** Choose your battles wisely. Someone will be more aggressive than you anticipated if you are harsh or pushy. Concentrate on getting along with others and getting things done.

**Aquarius** If something is working, don't change it. Stick to routine and a diet and exercise regimen that brings good results. Avoid excess and waste. Discuss your intentions.

**Pisces** Take on an added responsibility to feel proud and gain control of a situation. A change to the way you do things or how you earn your living will boost your standard of living. EUGENIA LAST

# Harvest September's bounty

Your guide to this month's must-do events.

EVA KIS
eva.kis@metro.us

Contrary to its name, Oktoberfest arrives in mid-September. WATERMARK BAR

## Beer meets music for one amazing festival

Pitchfork brings the music, and beer culture website October brings the brewers at OctFest, two days of concerts by 20 artists and over 250 varieties of beer from around the world coming to Governors Island. Curated food pairings are also on the bill. ***Sept. 8-9, $75-$140, octfest.co***

## See the hidden city

Open House New York offers an exciting chance to go inside the city's homes, factories, offices and soaring skyscrapers normally closed to the public. Expanded to three days this year, the event takes place Oct. 12-14, but the list of sites will be revealed Sept. 18, with reservations opening Sept. 25. ***ohny.org***

## Turn off your TV and see it live

There's never been more television being made in New York City than right now, and fans can be sure they'll meet the biggest stars and see fall's most exciting pilots before they air at the Tribeca TV Festival. Tickets are on sale now, with highlights including a retrospective with Bryan Cranston, an extended cut of Anthony Bourdain's final complete episode of "Parts Unknown," and Meryl Streep interviewing comedian Tracey Ullman. ***Sept. 20-23, $30-$40, tribecafilm.com/TVfestival***

See "Pagan Peak" and more new pilots at the Tribeca TV Festival. PROVIDED

## Party like the Germans

Lederhosen is optional but singing along while hoisting your stein high in the air is not at the many Oktoberfest events that take over the city starting in mid-September. Munich on the East River is always a must-do, but sausage specials and authentic German brews will be everywhere during the three-week festival. ***Sept. 22-Oct. 7***

## The best street food

The Vendy Awards, also known as the Oscars of New York street food, bring 25 of the most popular sidewalk chefs from food carts to food trucks together in one place. They've earned the nominations of their loyal customers, but now the whole city gets to try them out on Governors Island. Taste your way across their wares — eats are unlimited with your ticket! — and vote for your favorite in several categories. ***Sept. 22, $100 and up, eventbrite.com***

## Play with future tech

See what the tinkerers of the world have been up to at World Maker Faire in Queens, a weekend of getting hands-on with the technology being dreamed up by ordinary people in their own homes. The Maker Movement brings do-it-yourself-ers out to trade tips, show off their craft and encourage creativity with interactive displays, demos, discussions and more in fields like art, engineering, medicine and technology. ***Sept. 22-23, $40-$80, makerfaire.com***

## Dancers take it (almost) all off

They've literally made an art of taking off their clothes, and the best-of-the-best burlesque dancers come together to celebrate their performance discipline for four nights during the New York Burlesque Festival. In addition to performances, there are also parties, panels and classes. ***Sept. 27-30, free-$270, thenewyorkburlesquefestival.com***

## Upgrade your space

You probably can't paint your apartment, but that's no excuse to leave your walls bare. The Affordable Art Fair at the Metropolitan Pavilion brings more than 70 local, national and international galleries showcasing over 300 artists, with pieces that start at just $100 for everything from sculptures to photographs, large and small, classic to contemporary. There are also workshops and tours. ***Sept. 27-30, Metropolitan Pavilion, affordableartfair.com***

## Can you even drink this much caffeine?

We're living in the golden age of coffee, but there's always some new technique or varietal to discover. At the New York Craft Coffee Fest in Williamsburg, 20 roasters and coffee shops bring their best products for you to sample, introducing you to rare flavor profiles you won't find in your corner cafe. No classes, no competitions, just amazing, unique coffees accompanied by live music. ***Sept. 29, $35-$45, nyccraftcoffeefest.com***

## All lords and ladies, head uptown

Hear ye, hear ye, the Medieval Festival at Fort Tryon Park requests the pleasure of your company for a special day of revelry — all free to the public. The park is transformed into a medieval market town with banners and flags, plus minstrels and musicians, jesters and knights jousting on horseback. ***Sept. 30, whidc.org***

The Future of Foot Surgery has arrived at NY Podiatric Medicine

Don't hide them… WE CAN HELP!
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting

MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

All Photos of Actual Patients

HAMMERTOE CORRECTION

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on and CBS

MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

# Doctors Urge Knee Pain Sufferers

## "Don't Get ANY Surgery Until You SeeThis…"

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

***NEW YORK CITY*** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

**That's the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

**The Treatment Formula**

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated ) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.

*NYC Pain MD* "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

**Here's What You Should Do Next**

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

**www.PainMDNY.com**

***877-296-6310***

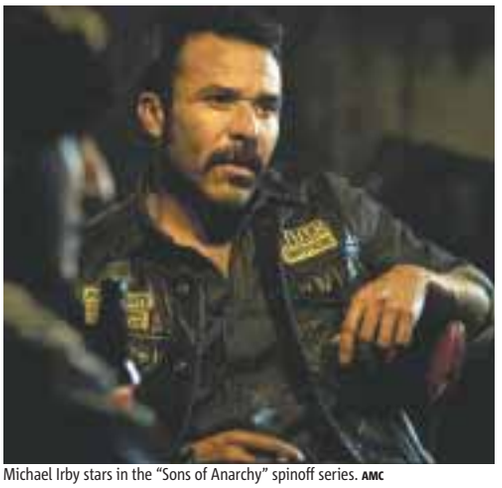
# Michael Irby on riding with the 'Mayans M.C.' and 'Barry' season 2

The television vet talks entering Kurt Sutter's world and doing more comedy.

ANDREW HUSBAND
letters@metro.us

"I've been looking forward to showing my comedic side for a long time," says actor Michael Irby, who plays Bolivian mob boss Cristobal Sifuentes in "Barry," Bill Hader's HBO series. "I really had no idea what to expect there, but it turned out great, the response has been overwhelming and I'm really excited to go back and knock out season two."

Irby doesn't know any spoiler-y details about the second season, of course, but considering the show's many Emmy nominations, it's bound to be worth the wait. So too is "Mayans M.C.," the upcoming "Sons of Anarchy" spinoff from co-creators Kurt Sutter and Elgin James, in which Irby plays the motorcycle gang's leader, Obispo "Bishop" Losa.



Michael Irby stars in the "Sons of Anarchy" spinoff series. AMC

"I told Kurt, 'You know, I don't really ride motorcycles, but I'm not afraid of it,'" he laughs. "I learned how to ride a motorcycle in a couple of days and the rest is history, my friend."

Irby is personable, friendly and quite willing to discuss his work, despite the fact that the phone call was preceded by a particularly grueling late-night shoot. His demeanor also provides a significant contrast to his "Mayans" character Bishop, whose starker approach to life is as cold as it is necessary in order to survive the criminal underworld portrayed in the show.

"I know him as a human being. We all have things that make us tick. Bishop is extremely loyal to his family," explains Irby. "Bishop is always trying to do the right thing. Sometimes you have to make some really hard choices to do the right thing, but at the end of the day he's very fierce. He's very loyal. I think he does everything he does with a huge heart.

"But at the end of the day," he reminds me, "it's all about the club. It's all about the family."

Irby credits the harder aspects of Bishop's character to the fact that, within the world crafted by Sutter and James' story, his parents were nowhere to be found in his early life. As a result, the future gang leader "ended up going down the wrong road."

Again and again, the actor comes to the point that the family the Mayans create and nurture, as well as the flesh-and-blood families whose members occupy its membership, are what matters most in "Mayans M.C." This, Irby notes, was purposefully written into the stories by Sutter, James and director and executive producer Norberto Barbara, all of whom were dedicated to telling an authentic and representative story about the Cali-Mexi border.

"When you're talking about the Mayans, you're talking about a culture that has not only been misrepresented, but underrepresented," he says. "As a minority actor, you search out and try to create opportunities where you can change the conversation and allow for growth, or for a better understanding of people. This was one of those."

*"Mayans M.C." premieres tonight at 10 p.m. on FX.*

Free Implant CONSULTATION
Missing teeth?
Loose dentures?
Get implants, chew better!

• Free Financing Available
• Permanently Replace Missing Teeth
• Se Habla Espanol
• Awarded New York's Top Cosmetic Dentist
• Most Insurances Accepted

Over 20 years of experience

Our Convenient Location
(250 East 58th St NY, NY 10022), Near all major trains
NewCenturysmile.com | Call (212) 752-2212

reach over 2.3 million people every week.
to advertise, contact (212) 457-7735 or advertising@metro.us
source: nielsen scarborough 2014-15 r2. adults 18+
metro media media.metro.us

INVO Pain Medicine Group
INVO Pain Medicine Group, PLLC
Nilufer Guleyupoglu, MD
Board Certified in Physical Medicine and Rehabilitation
Board Certified in Pain Medicine
Affiliated with Lenox Hill Hospital,
Affiliated with NYU Bellevue Hospital
Conditions treated
Low, middle and upper back pain
Neck Pain
Sports injuries: Ankle, knees, hips, shoulders, elbows, wrists sprains
Diabetic pain
Neuropathic pain – post- shingles pain, medication/radiation pain
Cancer pain
Stroke pain
Phantom pain/post amputation pain
Tension headaches/Migraine headaches
Post-partum pelvic and low back pain
FREE CONSULT 10-15 min

Procedures performed
+ Epidural steroid injections
+ Facet joint injections/medial
+ Platelet Rich Plasma (PRP) / Stem Cell
+ Sacroiliac joint injections
+ Radio Frequency Ablation
+ Spinal Cord Stimulator Trials
+ Joint injections/Ablations
+ Peripheral nerve injections
+ Neuroma injections
+ Trigger point injections
+ Sympathetic blocks
+ Botox for headaches/Cosmetic Botox
Our clinic accepts most major insurance plans, Medicare, and Medicaid.
646-679-1100
20 E 46th Street, New York, NY 10017

www.nylaser.net
Feel and look Beautiful
Get 2 for the price of 1
END OF SUMMER SALE
We are open on Labor Day
WAX SPECIALS
• Brazilian wax ..... 2 for $50
• Full leg wax ..... 2 for $50
• Back wax ..... 2 for $50
• Full body wax..... 2 for $125
coolsculpting
Rids fat forever • No surgery
No downtime • No diet needed
$200 off PLUS BONUS receive
6 FREE Zerona treatments.
Laser, Slimming & Anti Aging Spa
180 7th Ave South, Btwn W. 11th St & Perry St
212.229.1389
Open 7 Days
Expires 9/3/18
We accept care credit
ANTI AGING FOR HANDS OR FACE
• Laser Genesis for firming..... 2 for $99
• Clear & Brilliant Anti aging/Brown spot..... 2 for $249
• Skin Tightening Laser..... 2 for $125
• Oxygeneo Facial: Revitalize, Renew & Restore damaged skin..... 2 for $99
• Microdermabraison Exfoliation Treatment..... 2 for $75
• Fractional: Rids fine lines, Acne Scars & Stretch-Marks..... 2 for $150
• CoolLifting Anti Aging Immediate Results in 30 Minutes Painless..... 2 for $150
GET SKINNY • PAINLESS & PERMANENT
• Zerona: Full body inch loss..... 12 for $399
• Cavi Lipo: Cellulite & Fat Blaster..... 6 for $399
• Slimming Body Wrap..... 2 for $65
LITE THERAPY HAIR TREATMENT FOR THINNING HAIR
• Builds up hair follicles
• Strengthens hair ..... 6 for $99

metro BET GO TO METROBET.US TO BEAT THE ODDS

# Win with MetroBet.us

MAKE MONEY

**LATEST ODDS [NFL WEEK 1]**

- ATLANTA AT PHILADELPHIA (-2.5)
- BUFFALO AT BALTIMORE (-7)
- JACKSONVILLE (-3) AT NY GIANTS
- TAMPA BAY AT NEW ORLEANS (-9.5)
- HOUSTON AT NEW ENGLAND (-6.5)
- SAN FRANCISCO AT MINNESOTA (-6)
- TENNESSEE (-1.5) AT MIAMI
- CINCINNATI AT INDIANAPOLIS (-3)
- PITTSBURGH (-4.5) AT CLEVELAND
- KANSAS CITY AT LA CHARGERS (-3.5)
- SEATTLE AT DENVER (-3)
- DALLAS AT CAROLINA (-3)
- WASHINGTON AT ARIZONA (-1)
- CHICAGO AT GREEN BAY (-7.5)

**BET OF THE DAY**

Rookie NFL head coaches typically do quite well in Week 1. Sean McVay, Sean McDermott and Vance Joseph were all winners in Week 1 last year and rookie coaches have gone 6-3 in Week 1 over the past two years. Gotta like Mike Vrabel and the Titans (-1.5), a playoff team last year, to stomp a weak Miami Dolphins team this Sunday.

**The Pick: TITANS (-1.5)**

DEBUT

**MATT BURKE**
Editorial Director

Today we are launching a new service for those of you who are so passionate about sports that simply watching the games on TV or in the stadium is not enough. For all of you who live and breathe sports: love analyzing the games, love the banter on social media, love rooting for your favorite teams and love rooting against your rival. For those of you who are ready to risk your own money to prove the point and feel the thrill of winning. If you're "all in" on sports, or even if you're just a casual fan, we have something you may like — a new platform with betting advice designed to help you make more educated decisions and beat the odds.

### Why we are launching it?

The proverb says that the best is the enemy of the good, but for most of us, good is not good enough. We want better. We want more. It involves the desire to enjoy everything and every moment to the maximum. Watching sports is no exception.

There are millions and millions of people — myself included — who want their sports viewing enhanced. Not by a prettier picture, or by different camera angles, but by making seemingly meaningless sporting events actually mean something. And the easiest way to "make things more interesting" is the idea of winning money while watching the games.

Due to a recent Supreme Court decision, sports betting will soon be available in many states. It's already thriving in New Jersey, with Pennsylvania, New York and Massachusetts soon to follow. It means that in the very near future, most Americans will be able to place bets legally. This is why my Metro colleagues and I are ecstatic to launch MetroBet, a service that will allow you to bet more intelligently and will give you a greater chance of winning. MetroBet will now appear in Metro print on a daily basis and is already starting to gain great momentum online at MetroBet.us.

### Why you should bet on us

We are journalists, and quality is very important to us. We double- and triple-check the information that we serve our readers. What's even more important is that we are unbiased and have a strong moral code. We don't have agendas. We simply want you to win, and will live or die trying to deliver you the best content and information to be able to do so.

We aim to give you the latest sports betting information and direction on how to gain an edge. In addition to a boatload of sports betting content, we will also have fantasy sports advice and the latest fantasy news. Of course, as with everything betting should be done in moderation and responsibly. We will also be touching on that subject.

On top of that we will have breaking news on casinos, sports books, and online betting and gaming sites that open up. We will have guides on the best sports books and sites that give you the most bang for your buck.

We aim to raise the stakes. We aim to help you bet better. And to win. As in all sports, the fun is about winning,

**We are building something here and it's still far from perfect, so let us know how we can improve. Write to us at community@metrobet.us. Your voice matters to us.**

## 2018 NFL season over/under win totals: Go with the Jets' under

MAKE MONEY

**MetroBet takes a look at NFL season over/under win totals.**

ROBERT CRISCOLA
letters@metro.us

**JETS UNDER 6.0 WINS (-125)**

The Jets have the look of a team that's a year away from contending for a playoff spot, but they're making all the right moves. Trading Teddy Bridgewater to the Saints signified that the Jets are ready to hand the keys to Sam Darnold. He might make some mistakes early on, but he's shown enough promise in the preseason to justify the organization's faith in him.

However, as Darnold adjusts to the speed of the NFL, the Jets will probably sacrifice some wins as a result. His supporting cast is not exactly a "who's who" of the NFL, as his top wideout might be Terrelle Pryor Jr., and the No. 1 running back is Isaiah Crowell. The Jets' defense is also young and bound to experience some miscues as well.

If everything goes perfectly for the Jets, they might be able to get to .500 thanks to the presence of the Dolphins and Bills, who are expected to finish under .500, in the AFC East. But seldom do things go perfectly in the NFL, where season-ending injuries are far too common. A push on this number would be an encouraging result as the Jets look ahead to 2019.

**GIANTS OVER/UNDER**

For the latest over/under odds on the Giants, and advice on where you should place your money, please visit MetroBet.us.

**EAGLES OVER 10.5 WINS (+105)**

The Eagles finished 13-3 and won the Super Bowl despite losing then-MVP contender Carson Wentz to a devastating knee injury in Week 14. His status for Week 1 is unclear, but Nick Foles has already shown he can shoulder the load if need be.

There's negligible change on Philly's offense, as Mike Wallace replaces Torrey Smith as the primary long-ball option. They'll enjoy a full season of Jay Ajayi at tail back after he was brought in at last year's deadline. And Haloti Ngata joins an already-fearsome defense on the front line. The Super Bowl champs are well-positioned to go over this surprisingly low number.

**NFL ODDS**

SEASON OVER/UNDERS

| |
|---|
| ARIZONA (5.5 WINS) |
| ATLANTA (9 WINS) |
| BALTIMORE (8 WINS) |
| BUFFALO (6 WINS) |
| CAROLINA (9 WINS) |
| CINCINNATI (6.5 WINS) |
| DALLAS (8.5 WINS) |
| DENVER (7 WINS) |
| DETROIT (7.5 WINS) |
| GREEN BAY (10 WINS) |
| HOUSTON (8.5 WINS) |
| INDIANAPOLIS (6.5 WINS) |

**MORE ODDS AT METROBET.US**

# Isner last American man at US Open

An American man has not been in the US Open semifinals since 2006.

ADAM ZAGORIA
sports@metro.us

There is plenty of good news for John Isner these days.

His wife Maddy is due with their first child, a girl, on Sept. 22.

Luckily for Isner, that is about two weeks after the US Open men's final, for which he still remains alive.

"I'm not going to miss the birth of my daughter, that's for sure," Isner said before the Open began.

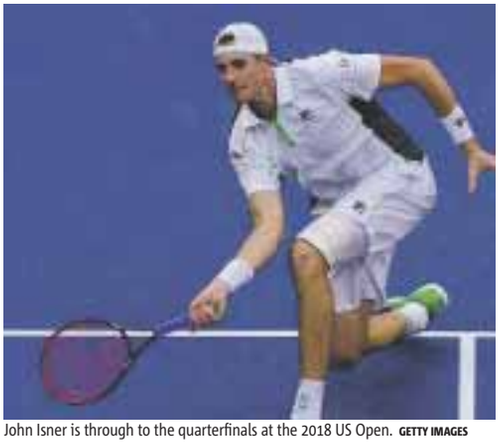
"As long as that baby's still in her belly, I'll be here," he added on Sunday.

After topping Canadian Milos Raonic in a raucous five-setter Sunday evening at Louis Armstrong Stadium, 3-6, 6-3, 6-4, 3-6, 6-2, Isner moved into the US Open quarterfinals, where on Tuesday he'll play 2009 US Open champ and No. 3 seed Juan Martin del Potro. It is Isner's first US Open quarterfinal since 2011, but he says he's tougher now than he was then.

"I think I'm better," Isner said. "I think physically I'm stronger, I'm wiser, I have a lot of experience on my side. I'm feeling really good. I'm in a good place, I'm happy."

No. 11 Isner improved to 5-1 against Raonic, including a four-set win in the Wimbledon quarterfinals.

In the Wimbledon semifinals, he lost an epic five-setter to Kevin Anderson, 26-24, in the fifth set. Now he is bidding to become the first American man to reach the US Open semifinals since Andy Roddick lost in the 2006 final to Roger Federer. Andre Agassi and Robby Ginepri both reached the semis in 2005, with Agassi going on to lose to Federer in the final that year.



John Isner is through to the quarterfinals at the 2018 US Open. GETTY IMAGES

On the new Louis Armstrong court, the fans repeatedly chanted, "Let's go, John" for the former Georgia Bulldog.

"It was important I was serving first in the fifth set," Isner said on court after the match. "I tried to stay positive through the ups and downs. But the most important part was this crowd kept me in it. This atmosphere here is like a jungle. It was amazing."

While four of the top five women's seeds have lost on Armstrong, Isner loves it.

"That new Armstrong court is very special," he said. "I'm glad I got to play out there today."

Raonic suffered a right hip injury midway through the fourth set and then saw the trainer for a massage before the fifth. Isner scored an early break in the second game when Raonic double-faulted on break point, giving Isner a 2-0 lead.

Isner held serve the rest of the way, and several times gestured toward the crowd to fire them up even more. He served up 20 aces on the match.

"Just started feeling like a bit of a sharp feeling in my hip," Raonic said. "Tried to make it feel better. It was sort of a pain that dulled down, but I just wasn't able to push that much."

While Raonic remains the head of a Canadian group that includes rising stars Denis Shapovalov and Felix Auger-Aliassime, Isner is unquestionably the top American man at 33. He won his first Masters 1000 title in Miami earlier this year and then followed it up with the Wimbledon run.

"Yeah, I think he's definitely more confident now," Raonic said. "He's going for a bit more of the returns. He's creating more opportunities for himself. I think it's sort of coming together for him.

"He didn't start the year off well. He turned things around very drastically in Miami. From there on he's played well."

Isner didn't perform well in the late-summer hardcourt tournaments in Cincinnati and Washington, D.C., but then won the title at Atlanta in his home state of Georgia.

Now he's one match away from doing something that no American man has done here in 13 years.

While three American women — Serena Williams, Sloane Stephens and Madison Keys — remain alive for the title, Isner is the last hope on the men's side.

Coming off the court, his thoughts were of his wife and his unborn child.

"Maddy, I love you," he said. "I'll see you soon."

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Columbia University Medical Center | New York State Psychiatric Institute | NYSPI IRB Approved 3/24/2016 -> 3/23/2019

Are you feeling down or depressed?
Are you less active or more slowed down?

If you are age 60 or older you could be eligible for a research study at Columbia University Medical Center that provides:

- A *free* comprehensive medical evaluation
- Up to 12 months of *free* expert treatment
- A more active and fulfilling life
- Compensation of up to $300

Call the Healthy Aging and Late Life Brain Disorders Clinic at 646-774-8675 now to see if you are eligible
Para servició en español, llame al 646-774-8648

Healthy heroin abusers (men and women, ages 21-59) are needed for an 8-week inpatient study investigating medication effects at the NY State Psychiatric Institute. Earn approximately $6550-7350. Call the Substance Use Research Center at (646) 774-6243.

SPA & MASSAGE

To advertise with Metro, email peter.blankenstein@metro.us

BODY WORK

Latino
Russian Asian

50th St. W • 212-956-7976
11am to 8am (21hrs)
28th St. E. Lexington Ave
646-682-7032
11am to 8am (21hrs)
9th St. E
646-918-6116
11am to 8am (21hrs)
15th St. W
212-727-7458
11am to 9.30pm
48th St. W • 212-247-8899
11am to 8am (21hrs)
89th St. E • 212-369-4345
24 hours

CAREER TRAINING

ACCESS INSTITUTE

JOBS
We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
1(800) 220-5494 or (718) 205-0557
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

CAREER TRAINING

OSHA Mission LLC

30hr OSHA Construction Course $300
Location: OSHA Mission LLC 92-20 Union Hall
Jamaica NY 11433 st. 2fl. | Telephone: 929-372-7990
Email: oshamission@gmail.com
Web: oshamissionny.com

HHA/CNA Training NYSED
Slow learner? Long time out of school? Job Placement Assistance $14.09/per hr
All benefits included
Call #718.349.8003

CERTIFICATION SCHOOL
OSHA, FLAGGER, CPR
SECURITY GUARD
LIFT TRUCK, FIREGUARD
29-28 41 Ave RM 51, NY 11101
(718) 790-2664
www.tribunest.com

metro CLASSIFIEDS

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

## JOBS

### General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
646-660-0530 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

QBS Quality Protection Services
Security Officers - Needed from $13.00 to $16.00/Hr. FT/ PT
FLSD - F85/F89 - needed from $18.50 to $24.00/ Hr. FT/PT
Must have NYS Guard License • All shifts available - Must be flexible
Permanent and vacation positions available
Apply: www.qbs.co or call: 646-520-4822

### Healthcare

JASA Care is seeking certified Home Health Aides!
We offer:
Health Insurance
Paid Vacation
Differential pay for holidays and weekends
Cases available throughout NYC: Brooklyn, Queens, Bronx, Manhattan
Flexible schedules!
4,6,8,12,24 hour cases
Union 1707 Local 389
jasa
Call us today to apply!
646-343-9300
Ask to speak with Human Resources
JASA Care
247 West 37th Street, 4th Floor
New York, NY 10018
EEO

## LEGAL NOTICES

THE SALVATION ARMY #3366 CACFP
METRO US NEWSPAPER

Sealed bids will be received at The Salvation Army at 120 West 14th Street, New York, NY 10011 until noon September 10, 2018 for meal catering service at 4 locations: Jamaica and Brooklyn. Specifications for an average of 7080 Breakfasts, 46,300 Lunches/Suppers and 7080 snacks may be obtained by contacting Dr. Kathryn Meyer at The Salvation Army. Email: Kathryn.meyer@use.salvationarmy.org
Phone: 212 352 5575 or 5596.

All work will be conducted in strict accordance with Bid specifications.

Bids will be opened and read on Thursday, September 13, 2018 at 1:00PM at 120 West 14th Street, New York, NY 10011.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1311427, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 77-17 37th Ave., Jackson Heights, NY 11372. Queens County, for on premises consumption. Arepa Lady 37 Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 570 Lexington Ave., Unit 120, New York, NY 10022, New York County, for on premises consumption. GVI Lexington LLC d/b/a Vin Sur Vingt.

## LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
FEDERAL NATIONAL MORTGAGE ASSOCIATION ("FANNIE MAE") A CORPORATION ORGANIZED AND EXISTING UNDER THE LAWS OF THE UNITED STATES OF AMERICA,
Plaintiff, vs. DONALD LI-A-PING; PATRICIA LI-A-PING, ET AL.,
Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on July 20, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 21, 2018 at 10:00 a.m., premises known as 119-27 145th Street, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12025 and Lot 99.
Approximate amount of judgment is $325,888.69 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 705854/2016.
Gary M. Darche, Esq., Referee
Knuckles, Komosinski & Manfro, LLP,
565 Taxter Road, Ste. 590, Elmsford, NY 10523,
Attorneys for Plaintiff
Cash will not be accepted.

**NOTICE OF SALE**
**SUPREME COURT**
COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs.
TEOFILO MENDEZ, GLORIA HEREDIA DE MENDEZ, ET AL.,
Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 14, 2018 at 10:00 a.m., premises known as 5509 97th Place, Corona, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19.
Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic A. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garden City Plaza
Garden City, NY 11530
Attorneys for Plaintiff.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

## REAL ESTATE

### Rooms for Rent

**All Manhattan/Bronx**

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
**Call Us Now:(212)368-2685**

**Manhattan & Bronx Rooms**

Private rooms in apt. Fully equipped. Start 150 wifi/cable included.
**Move same day! • (212) 862-0030**

**100's Available, All Boroughs**

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
**212-210-0921**

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

## ITEMS WANTED

HOUSE CALLS **ANTIQUES & ESTATE BUYERS** FREE Estimates!
**$ WE PAY CASH FOR $**
Paintings, Clocks, Watches, Estate Jewelry & Fine China, From Single Items to Entire Estates!
• Coin & Stamp Collections • Costume Jewelry • Antique Furniture • Lamps • Bronzes • Paintings • Prints • Chinese & Japanese Artwork & Porcelain • Sports Collectibles • Comic Books • Old Toys • Records • Cameras • Sterling Flatware Sets
WATCHES, COINS, & ESTATE JEWELRY
TOP $ for Antique Sterling!
Military Collections Wanted Swords, Knives, Helmets, etc.
201-880-5455
CELL 917-887-6465
WILL TRAVEL ENTIRE TRI-STATE!
We buy anything old. One piece or house full.
MOVING or DOWNSIZING? Call Us!
Serving the Tri-State Area for more than Fifteen Years
AntiquesBuyersTristate.com

Absolute Yes! SAME DAY
!CASH PAID!
$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

## PSYCHICS

LOVE PSYCHIC, ASTROLOGER & SPIRITUAL HEALER
**Pandit: SANJIV RAM**

* Family * Depression
* Health * Enemy
* Love * Jealousy
* Job * Court
* Work * Sexual
* Business * Divorce etc

If you are Disappointed meeting other Astrologers & not getting Solutions, , then meet PANDIT: SANJEEV RAM & get permanent Solutions for your Problems
100% GUARANTEE, PRIVATE & CONFIDENTIAL
PALM READING, FACE READING, HOROSCOPE
Removes Black magic, Butu, Jinn, Jadoo, Vodoo, Witchcraft, Obeya, Evil Spirits, & GIVES 100% LIFELONG PROTECTION
929-250-8473
654, 8th AVE, BETWEEN 37 & 38 STREET, MANHATTAN 10018

**Mr. SAIDOU**
International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.
Call 516-206-8543 and 646-339-9948
132nd Street, 7th Ave., Manhattan, NY

## PSYCHICS

MOST POWERFUL AFRICAN PSYCHIC

Mr. KALLO
LOVE GURU
39 Years Experienced LOVE EXPERT
I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE
I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy
NO MORE PAIN, NO MORE DISSAPPOINTMENT, MEET LOVE MASTER TODAY & GET SOLUTIONS
347-271-3493, 917-946-4662

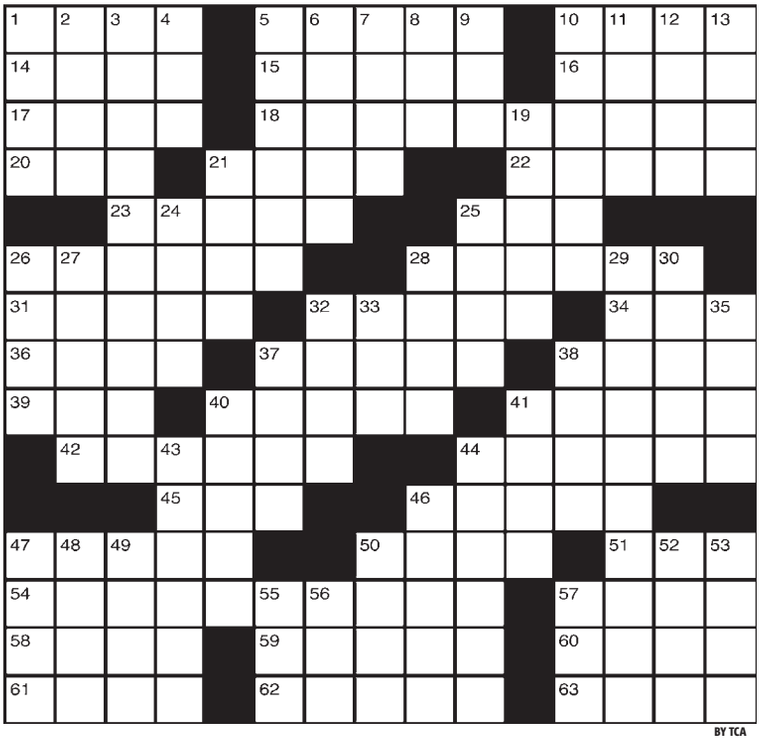
**Sheikh Moonir**
**Renowned Spiritual Healer & Advisor**
God gifted Power from Ancestors
Can help you out of despair, regardless what your issues is: MARITAL & LOVE SITUATIONS, RETURN OF LOVED ONES QUICK, LOVE EXPERT, BUSINESS, EXAMS, CAREER, JOBS, COURT CASES, BAD LUCK & BLACK MAGIC, PROTECTION, IMPOTENCY & MORE, IMMEDIATE RESULTS WITHIN 72 HOURS, 100% GUARANTEED!
CALL 917.885.4890
mounirbah81@gmail.com

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

# GAMES

## metro.us/crossword

Powered by Arkadium



BY TCA

**ACROSS**

1 __ San Lucas; Mexican resort
5 Fall flower
10 Sign of an old surgery
14 Televangelist Roberts
15 Hauled a car
16 Explorer Marco
17 Internal spy
18 Court reporter's record
20 Hooter
21 Forest trees
22 Dishwasher cycle
23 Post or Procter
25 Third letter
26 Yacht dock
28 Bracelet danglers
31 Assumed name
32 Cook in a Presto
34 __ flash; instantly
36 "A __ home is his castle"
37 Out in left __; bizarre
38 Fret; worry
39 "I __ Rock"; Simon & Garfunkel hit
40 Can wrapper
41 Piece of a flower
42 Acting awards
44 Dangerous sea creatures
45 Afternoon hour
46 VP Agnew
47 Newton or Hayes
50 Official stamp
51 Advanced degree, for short
54 Exchange letters
57 Panty hose problem
58 Large trees
59 Come up
60 "The buck stops __"
61 Info on a prescription label
62 Warsaw natives
63 Open-__; alert

**DOWN**

1 Singer Perry
2 "Pretty Maids All in __"; Rock Hudson film
3 Toe dancers
4 Bullring shout
5 Head Hun
6 Apologizer's word
7 "__ the night before Christmas..."
8 Suffix for eight or velvet
9 Highways: abbr.
10 More agile
11 Nickel or dime
12 European range
13 Learn by __; memorize
19 Dairy product
21 Swim __; diver's flippers
24 Farrow & Kirshner
25 African nation
26 First word, often
27 "Remember the __!"
28 Monk's room
29 Obama's 2012 opponent
30 Kind of preview
32 Bro and sis
33 Golfer's peg
35 Hole makers
37 Airline ticket price
38 Burn slightly
40 Cyclist Armstrong
41 Donahue or Hartman
43 Rough; unrefined
44 Black suit
46 In a __; sort of
47 __ tea; cold drink
48 Fly alone
49 Upper limbs
50 Dirt
52 Like Old Mother Hubbard's cupboard
53 Elderly
55 Gullible fool
56 Expert
57 "Murder, __ Wrote"

## metro.us/wordsearch

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| B | D | S | U | R | V | I | V | O | R |
| A | C | L | E | M | O | N | A | D | E |
| B | V | R | I | N | G | O | N | I | T |
| Y | T | I | A | H | P | Y | Q | A | W |
| B | H | G | D | Z | C | S | N | Z | E |
| O | M | M | Y | H | Y | N | K | R | L |
| Y | F | A | T | L | A | S | T | V | G |
| O | J | E | I | H | Q | L | P | G | N |
| F | O | R | M | A | T | I | O | N | I |
| N | X | D | E | S | T | I | N | Y | S |

**At Last**
**Baby Boy**
**Child**
**Crazy**
**Destiny's**
**Diva**
**Dreamgirls**
**Formation**
**Halo**
**I Am**
**Jay-Z**
**Lemonade**
**Ring on It**
**Single**
**Survivor**

## metro.us/wander

**Category: Musician**

| | | | | |
|---|---|---|---|---|
| N | A | | | |
| A | T | N | | |
| A | C | A | | |
| R | L | S | | |
| | O | S | | |

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

## metro.us/sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | | | 9 | | 4 | | | |
| 7 | 3 | | | | | | 6 | |
| 6 | 1 | 4 | | | 7 | | 9 | |
| | | 1 | | | | 2 | 8 | |
| 9 | | | 2 | | 5 | | | 6 |
| | 7 | 6 | | | | 4 | | |
| | 9 | | 4 | | | 1 | 5 | 8 |
| | 6 | | | | | | 4 | 3 |
| | | | 8 | | 9 | | | 7 |

**Yesterday's Answers**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | I | R | E | | S | T | R | A | Y | | R | O | T | S |
| H | O | E | S | | C | E | A | S | E | | O | A | H | U |
| A | W | L | S | | R | E | C | A | P | T | U | R | E | D |
| T | A | E | | P | I | N | E | | | A | S | S | E | S |
| | | N | O | R | M | S | | | O | L | E | | | |
| C | A | T | N | A | P | | | G | U | E | S | T | S | |
| A | L | L | E | Y | | B | E | E | R | S | | Y | E | S |
| L | I | E | S | | R | E | A | M | S | | F | R | E | T |
| L | B | S | | G | U | S | T | S | | L | L | A | M | A |
| | I | S | S | U | E | S | | | T | E | E | N | S | Y |
| | | | P | A | D | | | S | H | E | E | N | | |
| A | S | T | I | R | | | L | E | I | S | | I | T | S |
| C | H | A | N | D | E | L | I | E | R | | S | C | O | T |
| T | O | M | E | | B | Y | R | D | S | | R | A | G | E |
| S | E | P | T | | B | E | A | S | T | | S | L | A | P |

metro

**As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Night Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

APPLY, ACCEPT, ENROLL TODAY!

# IMMEDIATE DECISION DAYS

METROPOLITAN COLLEGE OF NEW YORK

**Now-September 12**

**Apply for an undergraduate or graduate degree program and we will give you a decision right on the spot.**

Start classes this Fall!

mcny.edu | 212.343.1234

MCNY

ACCELERATE YOUR FUTURE.